

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON THE KNOWLEDGE OF LIFESTYLE MODIFICATION OF HYPERTENSION AMONG THE PATIENTS WITH HYPERTENSION IN A SELECTED PRIVATE HOSPITAL AT DHARMAPURI DT

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ABSTRACT

Hypertension is one of the leading causes of death and disability among the adults globally. The increasing incidences of hypertension will next a devastating price on the physical and economic health of the global community.

KEYWORDS: Hypertension, Life Style Modification, Hypertensive Patients

INTRODUCTION

Hypertension are known to have a two-fold higher risk of developing coronary artery disease four times higher risk of congestive heart failure and seven times higher risk of cerebrovascular disease compared to normotensive subjects. WHO (2002) reports that hypertension causes 5 million premature death each year worldwide causing 13% of global fatalities. Good health can be destroyed by various disorders. Among these hypertension is the most common risk factor for death in industrialized countries.

There is a strong correlation between the changing lifestyle factors and the incidence of hypertension in India. Tooling of epidemiological studies shows that hypertension is present in 25% urban and 10% of rural subjects in India.

A study conducted in the urban area of Chennai during 2010 (age group ≥ 40) reported 54% prevalence of hypertension among low income group and 40% prevalence among high income group. It was found that there was inadequate knowledge, negative attitude and poor practice among the patients regarding hypertension and its management. They lacked knowledge regarding predisposing factors, diet, exercise, stress reduction, medication etc.

Nurses working in the community should give more emphasis on prevention and control of hypertension. Even more a concrete call for every one including patients with hypertension and the common public to make life style changes and in particular to follow diet that will keep blood pressure at a normal level such as preventive approach may be more effective in reducing cardio-vascular morbidity and mortality than treating patients who have been diagnosed with hypertension.

Thus there is a need for these patients to be instructed about the disease condition and its management.

RESEARCH METHODOLOGY

The research design selected to this study is quasi experimental design, because the present study intends to identify the effectiveness of self-instructional module on knowledge of lifestyle modification among patients with

hypertension using one group pre and posttest design. Purposive sampling technique was used to obtain an adequate size of sample. The sample comprised of 50 diabetic patients.

Sampling Criteria

Patients admitted with hypertension in different hospitals were included as study participants.

Instrument

A structured interview questionnaire comprises 15 items regarding the knowledge on lifestyle modification of patients with hypertension and the checklist on items regarding the knowledge of scoring life style modifications of patients with hypertension.

Ethical Consideration

It was cleared before preceding the research by formal consent from medical officer and participants were given information on the purpose of the study. Verbal consent was obtained before interviewing the patients and the information's were kept confidentially.

Analysis and Interpretation of Data

The sample was drawn from 50 hypertensive patients who were given structured teaching on hypertension at different hospitals in Dharmapuri dt. The data obtained were in terms of age, sex, family, income, education, occupation, residence, health status, dietary pattern, exercise and medication. Regarding the age, majorities 29(58%) belongs to age group of 45-55 years, 13(26%) belongs to age group of 55-65 years and 8(16%) belongs to age group of 35-45 years, 31(62%) belongs to males and 19(38%) belongs to females, most of them 25(56%) hypertensive patients having Rs. 10,000-15,000/year, and 14(28%) having Rs. 15,000-20,000/year. With regarding to the education, majority 26(52%) are with primary education, 11(22%) are illiterate, 8(16%) are with intermediate education and 5(10%) are graduate.

As per the occupation, majority 25(50%) are sedentary workers and 15(30%) are moderate workers. Majority 26(52%) patients are residing in rural areas, minority 20(40%) are residing in urban area. According to health status, majority 27(54%) are moderate and 23(46%) are good. Regarding majority 42(84%) hypertensive patients are non-vegetarian and 8(16%) are vegetarians. Regarding exercise, majority 25(50%) are not doing and 15(30%) are exercising sometimes. Regarding majority 27(54%) are taking medication according to doctors instructions and 23(46%) are taking when symptoms arise. With regard to knowledge on hypertension the questionnaire had 15 items where posttest knowledge score (84%) was higher than pretest knowledge score (54%) With regard to life style modification checklist 10 items were included in this study such as meaning of hypertension, vulnerable groups, risk factors, life style, home treatment, complications, predisposing factor, age at screening and frequency, vaccine and use of oral pills. Posttest knowledge score (88%) was higher than pretest score (46%)

Nursing Implications

Nurses working in the hospital play a vital role in identifying risk factors of development of hypertension. Nurses must advice the risk persons regarding the lifestyle modifications of hypertension. The staff nurses and nursing students in order to enhance their knowledge and practice can use the teaching protocol as ready reference. Nurse researchers can take it as a challenge to work to identify methods of life style modifications of hypertension.

CONCLUSIONS

The following conclusions were drawn on the basis of the findings of the study. The findings showed that most of the hypertensive patient had inadequate knowledge regarding life style modifications of hypertension. The study helped the hypertensive patients to gain more knowledge regarding life style medications of hypertension. Hence it was concluded that structured questionnaire was effective as a method to improve knowledge among hypertensive patients.

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